





MANAGER'S MESSAGE



Once again residents rose to the challenge, taking lockdown in your stride, quickly adapting to the new traffic light system, and even managing to have some laughs along the way.

A huge thank you to all of you for everything you did and are still doing to keep your community safe.

Whilst you may be smattered with Covid related chatter in the community, the stories in this issue will hopefully be refreshing.

On page 4 you will find our main feature dedicated to our volunteer gardeners. Residents need to be early to procure these fresh veggies. Page 14 takes us back to vehicles owned by residents. Our Arts and Crafts group is working on a special mosaic project to uplift one of our areas. Finally take

a trip with our residents and read about their adventures on page 16 whilst exploring Kerikeri, Paihia and Bay of Islands.

Until next time, happy reading.

Marie Annandale - Village Manager

CHAIRMAN'S MESSAGE

2021 has gone and 2022 arrived. There were a few fireworks around us at midnight to see 2021 off.

Summer is here to welcome the New Year – let us have a good and happy fun year. We are still within the red traffic light, and I like to think we are very exclusive and important to the powers that be and need to be kept separate from those below us in Kiwiland (my sense of humour), but we must abide by the rules.

Happy Hour will continue as per normal, and we will endeavour to provide what in-house entertainment we can and await developments to come. A tipple with friends is great medicine and helps us to stay in touch with each other.

My thanks to the Residents' Committee, the Bar Staff and Volunteers for your help and support.



A big welcome to all new residents to our Village, we look forward to getting to know you and having you as part of our Falls Community. Take Care and Keep Smiling.

Jocelyn Allen

Chairperson



JOY FROST AND PETER DORSET



We shifted into the Village in October 2021. We really were half hearted about moving to a retirement village as I loved where we lived but after being shown unit

37, we thought it was just lovely and paid the deposit straight away.

We shifted all our furniture in, what a job, and were all ready to mix and mingle with everybody when I (Joy) tripped over my lazy boy chair and ended up in hospital I have had a chapter of problems ever since but hopefully am now on the mend. Peter has been amazing and such a good cook!!

Peter and I have been partners for 17 years. He lost his wife to cancer, and I lost my husband too. I was a tutor at Senior Net Computers and

I was born in the South Island, where I spent my childhood and teenage years on a sheep farm. My family moved to Whangarei when I was fourteen years old.

I went to Girls High School, then I went nurse aiding at Saint Mary's Hospital in Onerahi.

I met my future husband when I was working with his sister. We married in 1972 and had two children.

We shifted into the Peter was one of my pupils. He said it was Village in October cheaper to take the tutor home with him!

Peter farmed at Kaiatea (Ngunguru) for about 42 years. He ran a school bus service and truck contract in conjunction with farming.

I lived on a small farm at McLeods Bay Whangarei Heads. My first husband, Don, was the local electrician. I drove the local school bus and worked in the local garage office. Always seemed odd that Peter drove the Ngunguru School Bus and I drove the Parua Bay School Bus.

Peter and I bought a small holding in Glenbervie 2.5 hectares, then shifted into Brighton Road in Whangarei.

We are looking forward to mixing in more once I have recovered from these annoying health problems. We have great neighbours and a beautiful view.

NGAIRE FERRIER

I lost my husband of 46 years to cancer and moved into town from a two-acre block and spent three and a half years in a house in Whau Valley area.



I recently moved into the Falls Estate Lifestyle Village. I am very happy here and have met lots of lovely people.

VERN & NOLA WITEHIRA

I was born in Kaikohe, Bay of Islands and left home at the age of 18 to see the world.

I met my wife Nola, who was born in Matamata (Waikato) in Rotorua and decided to get married in 1971. So, we have known each other for 54 years thus far.

We left for Australia in 1972 and made a life in Sydney N.S.W. We worked hard, played even harder, and returned to Aotearoa NZ, in 2006.

We settled in Paihia, Bay of Islands, semiretired.

In 2021, we decided to move to Whangarei to be closer to medical facilities, especially the hospital. We are happy to be part of the Falls Estate in full retirement.



OUR DEDICATED VOLUNTEER **GARDENERS**

By: Falls Roving Reporter



Kind hearts are the gardens Kind thoughts are the roots Kind words are the flowers Kind deeds are the fruits.

> Henry Wadsworth Longfellow



A small group of residents volunteer their expertise, time, and hard work to ensure fresh vegetables are available all year around from the vegetable gardens established in the Falls Village precinct. Arthur Hori and Noel Wech are our current longest serving gardeners. Sadly, it is age catching up on the past gardeners that has forced retirement from this, often very physical work. Some of our past volunteer gardeners are recognised by a plaque listing their names attached to the vege sales stand. Current volunteer gardeners working alongside Arthur and

Noel are - Lynley Horne, Cynthia Scott, Joke Reek and Carol Burdon. Working in the gardens and harvesting vegetables is done mostly Monday, Wednesday and Friday mornings. With Arthur and Noel doing most of the physical work. Cynthia says, 'we just keep doing what we are told to do.' Summer season sees lettuces, tomatoes, beans, courgettes, cucumbers, pumpkins, potatoes, and this season a trial of corn is being grown. The staples, cabbages, caulis, broccoli, and silver beet are grown all year around.

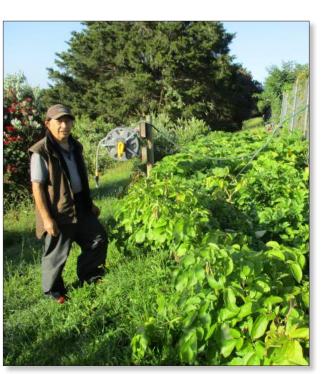


Arthur Hori arrived in the Falls Village in 2014 and with about four other residents worked to change part of the gardening area into raised garden beds, with concreted and paved pathways. This year, using the tools and equipment in the Men's Shed, Arthur and Noel have built large, high frames concreted in over the gardens and covered with netting preventing the birds from creating havoc and eating the lettuces and silver beet. A small shade house has been built for raising seedlings and a garden shed,

funded by the gardeners has been erected to store gardening tools and materials. Our Residents' Committee has provided funds for the recently built garden frames and netting with the costs well over one thousand dollars, most of this funding coming from bar sales at social functions and our twice weekly Happy Hour sessions. Cash from vege sales adequately covers the cost of purchasing seeds.



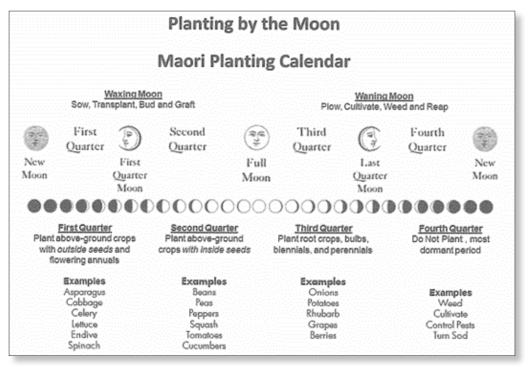
Arthur cutting cabbages



Arthur, our gardener guru, checking if the potato crop is ready for harvesting



Vege garden



Composting - this is an essential part of creating flourishing gardens and great vegetables. Black compost bins line the fence and residents are encouraged to get rid of their food scraps in these bins. The bins are then emptied into a large, covered compost pit and from this the compost is shoveled into wheelbarrows and spread onto the vegetable gardens. To keep the gardens composted a lot of heavy work is needed from the volunteers shoveling, wheelbarrowing, and again shoveling the compost onto the gardens. An even bigger task is loading the compost onto a trailer to transport to another garden area, then

shoveling it into wheelbarrows and transporting it down a slope outside the main village fence to the potato and pumpkin patch some distance from the main vege gardens. Two varieties of potatoes are grown, red and white. These are planted in rows along the fence line, then initially covered with netting to prevent the local roaming pheasants from digging them up. The rows of potatoes were kept hoed up and were planted in time for new potatoes to be harvested for Christmas.

In the vege garden area compost is available for residents to wheelbarrow to their own gardens. Ask the gardeners about this.



Compost bin for residents to deposit scraps – note red arrow marking the correct bin



From compost bin to compost pit to further break down before shovelling onto the gardens

Village residents are encouraged to get rid of their food scraps in the compost bins provided – the current bin being used is labelled with a big red arrow above that bin. Please do not put – onion, citrus fruit or peel and meat scraps into the compost. Fruit labels, tags, milk bottle tops do not compost!

Fertilisers, blood and bone, sheep, and chicken pellets (poo) are purchased and used on the gardens. Arthur does plant by the moon similar to the Māori calendar and a copy of this is given to each of the volunteer gardeners.

Worm Farms - these were established by our gardeners about three years ago. Each bin contains continuously multiplying worms feeding on shredded paper and composting materials. Old carpet covers each bin keeping the temperature warm and the moisture constant. The worms are carefully nurtured by the volunteer gardeners. Worm-wee is collected in the bottom of the bins, drained off and diluted then put on the gardens. Worm-wee is sold at the vege stand in one litre containers with instructions for diluting and using. Residents are asked to not put any scraps in the worm farm tubs.



Inside the worm farm (quiet, breeding worms)





Peter Arlidge - volunteer seed raiser. Peter, aged eighty-seven, moved to the village in May 2021 from Onerahi where he lived for ten years with wife Julie. Previously they lived at Snell's Beach for thirteen years and before that Peter had been in Palmerston North for sixty-four years. Peter marketed produce from Palmerston North, 'we sell fresh to the nation.' Selling was by auction from growers all over New Zealand. Twenty Chinese families grew vegetables around the river flats in the Manawatu region. Peter has been a keen gardener all his life and always had a little glass house. He grew vegetables even though he could get them for free. Living in Onerahi Peter grew and sold veges at the Onerahi markets and the Tikipunga markets. He sold seedlings and was known as, 'the daisy man' growing and selling daisies. During the winter months Peter made full use of the conservatory in his Falls Village unit, growing punnets of seeds, 'it was just like a glass-house.' Wife Julie was not impressed and was hopeful that when they moved to the village Peter would have got over planting and growing seeds. Peter now has an area at the village vege gardens for raising his seeds. He can be found most days sitting on his walker filling punnets with soil and planting. Peter says, 'the gardening ladies are very good to me, and I get on well with them. They are very helpful.'



Peter's seedlings





Peter Arlidge at his potting bench and seedlings grown for sale to residents



Lynley, Arthur and Cynthia returning from digging potatoes at 7.30am



Washing, sorting and bagging potatoes for sale – new potatoes at the village for Christmas



Cynthia harvesting



Spuds for sale



Lynley and Cynthia harvesting and preparing vegetables for sale



Joke placing veges on sales stall

GROWING BY THE MOON'S PHASES

NEW MOON

The basic rule is, no planting at the dark or New Moon. This is the beginning of the entire lunation cycle — a time to set new intentions and initiate new ideas.

WAXING CYCLE

Just after the waxing crescent appears in the sky, you can start planting above ground plants like annual flowers or vegetables and continue through the waxing half of the cycle. Throughout the remaining waxing cycle, the idea or intention is growing, taking shape, and testing itself out.

FULL MOON

Full Moon is the beginning of the waning cycle - the completion of growth during the waxing cycle. Full Moon is when plants are at peak energy, but as the Moon wanes, her energy fades. Full phase is bright, revealing, and brings awareness.

WANING CYCLE

Right after the Full Moon is traditional harvest time for crops and planting time for things that grow underground like root vegetables. The last quarter of the Moon's cycle is a barren time when it's best to tend the soil and focus on compost and weeding.



OUR NEW EMPLOYEES - OUR GARDENERS



Abby Lomas, Claire Jones and Lucretia Charan

Meet Claire Jones - Claire is Welsh and came to New Zealand in 2004. Claire holds her father to blame for her venture to New Zealand. Her father was a very keen gardener in the UK and had a great interest in and a wish to move to New Zealand because of our wonderful growing climate. Through books he was familiar with the fauna and flora here as he struggled to garden in the severe frosts and local climate. Family responsibilities prevented him coming here. Claire's husband's sister moved to New Zealand and they followed for a holiday with a view of perhaps staying, arriving with three Labradors.

Claire and her husband lived in Auckland for fourteen years. Claire, following in her father's footsteps, gardened on various estates around Auckland. They moved to Whangarei for a more relaxed lifestyle and Claire worked at Helena Bay Lodge gardens. Claire has a chocolate Labrador, a rescue Shar-Pei Staff Cross dog called Wrinkles, and a Maine-goon, snow cat that is big, fluffy and very vocal.

Claire has UK qualifications in commercial horticulture.



Meet Abby Lomas - Abby is a local Whangarei woman. With her family she moved to live in Auckland at age eleven. Almost twenty years later, last year, Abby returned. She loves being back and feels, 'I've come home.'

Abby is from a generational family of keen gardeners. Her granddad in the UK worked in horticulture. Tracing her family history Abby's ancestors were founders of the Royal Horticulture Society and involved in the establishment of Kew Gardens. 'Horticulture is in my DNA'.

Abby's passion is floristry and a love of flowers. She has a huge dahlia garden at home of different varieties. Her goal is to have a flower farm and to grow and sell cut flowers.

Abby is working towards her level three certificate in horticulture and is doing on-line courses through Polytech. Abby works in our village Mondays to Thursdays and spends Fridays and Saturdays doing work experience in a local florist shop.



FUTURE PLANS FOR OUR VILLAGE GARDENS FROM OUR HEAD GARDENER - LUCRETIA CHARAN

Happy New Year to everyone and a big thank you to all residents who have been so patient over the last few months with the staffing issues we have had.

My overall goal for the village gardens is to reduce the use of chemical sprays around residents' homes and communal areas and replace with more organic alternatives. I want to make sure our wonderful cats and dogs are safe, as well as the bees and butterflies. I am a Certified Organic Grower so have experience with organic alternatives.

I also want to look at improving the soil in the gardens, using more organic methods with good compost and less reliance on chemical fertilizer to encourage healthier and more robust plants. I am growing more flowers from seed so am keen to be a lot more self-sufficient and not so reliant on local garden centres. Even though some plants may be removed they will always be replanted elsewhere or potted in our nursery for future use.

With our new team inducted and ready to go we will see you all soon in your gardens.







VILLAGE ARTS AND CRAFTS

MEET OUR MOSAIC PEOPLE



Alison and Yvonne working with glass on Perspex.





Above: The Falls, Kererū, Tui, Pohutakawa, flowering flax.

Left: Jillian tiling a planter trough, Chris using glass decorating over glass in an old window frame.

Below: Tiled mosaic in an old window frame.

lan grouting a planter trough





VEHICLES THROUGH THE AGES

OWNED AND LOVED BY RESIDENTS OF THE FALLS VILLAGE

FROM: MEMORIES - REFLECTIONS ON THE PAST











1922

Austin 1931



Vauxhall Velox 1952



Citroën 1955





Citroën 1955



Jsetta 300

BMW Isetta 1959







Metropolitan 1957



Mercedes SL320 1993





Toyota Corolla 1996





Mustang V8 2016

MEMORIES

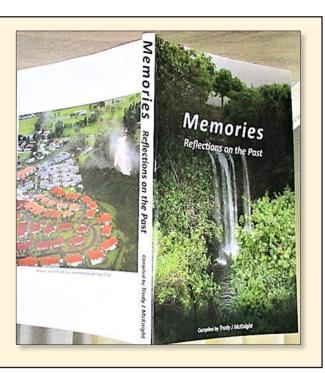
History of days gone-by

Life stories written and recorded by residents living at

The Falls Estate Lifestyle Village
Whangarei

\$35 per copy (plus \$10 postage)

Cash orders through Village office—94 Boundary Road,
Whangarei
Internet banking account TJ McKnight 38-9001-0142693-06





KERIKERI, PAIHIA, BAY OF ISLANDS DAY TOUR

On Tuesday 5th October, before the recent Covid 'lockdown', Reid Tours of Whangarei, picked us up from our front gate – Trudy, Jillian, Kathy, Ian, Jocelyn, Gail and Raewyn and we set off for a day exploring, traveling in a five-star coach with recliner seats and a restroom. Our first stop was the Makana Chocolate Factory; the bus was boarded on our arrival by a staff member carrying a tray of chocolates giving us all a taste of what was to come before we had even entered the factory.

Behind large glass windows we had full views of a variety of chocolates being hand made.



Jillian, Kathy, Ian, Raewyn and Gail



The making of each individual handmade chocolate



More chocolate making

Our tour included a short stroll to view Rainbow Falls, a visit to the old and historic Kerikeri Stone Store, then a wander around the Parrot Sanctuary making friends with a variety of birds that we hand-fed. Lunch was in Kerikeri with a wander around the shops, then a stop in Paihia for an ice cream before heading back home just in time for Happy Hour. A fun and memorable day exploring a beautiful and historic part of Northland.



Trudy and Ian at Rainbow Falls





Gail, Mark (our tour operator), Kathy and Ian at Kerikeri Stone Store







Jillian and Kathy up close with a friendly feathered friend at the Parrot Sanctuary



EXPLORING OUR OWN BACKYARD

GALAPOGOS OF THE SOUTHERN OCEAN THE SNARES - AUCKLAND ISLANDS - CAMPBELL ISLAND MACQUARIE ISLAND

By: Trudy McKnight

The reason for this trip was firstly to play with the penguins and secondly to explore New Zealand's sub-Antarctic Southern Islands.

November 2017 and the Russian exploration ship, *Spirit of Enderby*, with an all-Russian crew leaves Dunedin with a limit of fifty passengers, mostly Kiwis and Aussies. On board are English speaking guides, including a biologist, and a Kiwi doctor, none of the Russian crew speak English. This Russian ship spends the Northern summer season touring the Alaskan-Arctic region and during the Southern summer season is based in New Zealand touring the sub-Antarctic Islands with trips to the Ross Shelf in Antarctic.

The sub-Antarctic islands lying to the south of New Zealand are UNESCO World Heritage sites. This places them in a select group of only one hundred and eighty natural sites that have been designated as 'the most important and significant natural habitats' on the planet. They are also afforded the highest conservation status and protection by the Australian and New Zealand governments and access to these islands is by permit only. Only eight hundred visitors are allowed each year.



Magnified tiny NZ orchid hidden in the grass



Trudy vacuuming clothing before accessing any island

We discover that to land on any island there are very strict protocols to prevent any plant material/seeds being distributed between the islands. The fifty passengers must vacuum all their outer clothing. The ship only has two vacuum cleaners, and we line up with our pile of clothing that we will wear. The guide has a checklist and each item vacuumed is checked off. This includes turning out and vacuuming pockets, socks, hats, coats, trousers, boots.

Our boots are cleaned, and we walk through disinfectant foot baths. This process occurs for each island we step foot on. The name of this voyage 'Galapagos of the Southern Ocean' reflects the astounding natural biodiversity and importance of these islands as a wildlife refuge. The islands all lie in the cool temperate zone with a unique climate and are home to a vast array of wildlife including albatross, penguins, petrels, prions, shearwater and marine mammals, sea lions, fur seals and elephant seals.



Young Albatross

Once the ship leaves the shelter of Otago harbour the sea becomes extremely rough keeping the doctor on board busy as every one of the passengers is sea-sick, some much worse than others. Moving about on the ship as it tosses up and over the giant waves that are crashing over the bow is hazardous having to hold on to guide rails on the stairs and corridors. I am sharing a cabin with an Australian psychologist. Our cabin is spacious with twin beds, wardrobes, drawers and a very tiny en-suite shower and toilet. We quickly learn that it is impossible to shower while the ship is being thrown about in the ocean. Lying on our beds, with the sides up we move and slide with the motion of the ship, my head slams into the headboard of the bed and I slide down with my feet hitting the bedend. Not much sleeping.

The closest sub-Antarctic Islands to New Zealand are The Snares and are appropriately called as they were once considered a hazard for sailing ships. Comprising of two main islands and a group of five islands called the Western Chain, they are uninhabited and enjoy the highest protection as Nature Reserves. It is claimed by some that these islands are home to more nesting seabirds than all the British Isles together. Landings are not permitted.

We climb down a ladder from the side of the ship into a zodiac. When booking for this trip each passenger had to get various questions answered by their personal doctor and one question was – 'can the person climb down and up a ladder on the ship's side to safely access

a zodiac?' Traveling around the bays and inlets we have close-up views of crested penguins, various terns, and gulls. There are hundreds of thousands of Sooty Shearwaters nesting and Buller's Albatross breed on these islands.



Nesting Albatross chick

Next, we arrive at Campbell Island Perseverance Harbour; this is New Zealand's southernmost sub-Antarctic Territory and lies six hundred and sixty kilometres south of Bluff. It comprises a large main island and several satellite islands. The islands were first charted in 1800 by Captain Waterhouse of the *HMS Reliance* and this led to the fursealing boom from 1805 to 1807 with a battle between American and British sealers. The greatest ever shipment was a single cargo of eighty thousand fur seal skins sold in Canton. By 1807 most seals had been exterminated.

In 1895 the government advertised a pastoral lease, and the island was stocked with cattle, goats, and sheep; the burning of scrub modified the island. From 1909 to 1916 a whaling station operated in the Northwest Bay in conjunction with the management of sheep. Farming ceased in 1934 when it was abandoned. Coast-watchers were stationed on the island during the war and after that the station was manned by the New Zealand Meteorological service until 1995.

In the 1970s the island was fenced in half and stock removed with the impacts on the remaining animals monitored and they were removed in 1990. The vegetation recovered and the cats died out. A never before





2.5km boardwalk built by the New Zealand Navy

attempted on such a large-scale eradication program by the New Zealand Department of Conservation successfully removed the rats. A boardwalk of two and a half kilometres built by the New Zealand navy extends from the coast to the hills and walking this is like walking in a huge never-ending sculptured garden. The

variety of plants and coloured flowers – mega herbs – big and herbaceous, is magnificent and all are native to New Zealand. The World Conservation Union (IUCN) has designated the region a world centre of floristic diversity. Hundreds of Albatrosses are nesting, some close to the board walk. We have good views of



New Zealand native mega herbs

the birds and their chicks. On Campbell Island is the Guinness Book of Records listed, 'the loneliest tree in the world.' This is the one tree remaining on the island planted in the 1800s.

Macquarie Island is wild, wet and windy lying in the path of the 'Furious Fifties' and is an Australian sub-Antarctic Island, thirty-four kilometers long and up to five kilometres wide, located fifteen hundred kilometres from Hobart, Tasmania. The island is managed by the Tasmanian Government. Sealers inhabited the island throughout the nineteenth century, exterminating the fur seals and hugely reducing the population of elephant seals. In 1870 the King and Royal penguins were killed for oil.



Juvenile sea elephant

Introduced mammals and birds to the island caused serious impacts. Horses, donkeys, pigs, goats, dogs, and sheep are now gone. Weka, bought from New Zealand for food plus rabbits, ships' rats, mice, and cats were all eradicated by 2014. It took three years to track and destroy the last cat on the island.



Napping juvenile sea elephants



Sea elephants roaring and aggressive

Today it is estimated that the island is home to over two hundred thousand pairs of King penguins and three million Royal penguins and is a breeding ground for elephant seals. We anchor off the island for two days of exploring.

It is now I get to play with the penguins. The sea has rafts of penguins floating in the ocean and the beach is covered with penguins noisily going about their business. With the penguins on the beach is the remains of the huge iron cauldrons and digestors – vats where penguins were steam boiled under pressure to extract oil.



Penguins among abandoned oil digestors

Huge sea elephants lie on the beach now and then giving a roar with brief bouts of aggression. As we wander amongst them, the penguins totally ignore the ship's passengers. We walk inland to a large basin area sheltered by low surrounding hills. Our senses are almost overwhelmed by the noise and smell well before we approach the penguin nursery. Hundreds upon hundreds of juvenile penguins are all huddled together, their parents are at sea gathering food. The penguins remain there until one will head to the sea and then all the others will follow. The nursery area will then remain empty until the next breeding season. We do see a few adult penguins still with eggs, these are very late in the season.



Penguin nursery

Distressingly we watch large skua birds swoop down, grab an egg from under the penguin and smash it on rocks then devour it.



Skua after penguin eggs

We watch Gentoo penguins that are much smaller and very comical with their chicks, now bigger than the parent bird, chasing after



Moulting penguins

their parent wanting food. These chicks are not attractive at all, they are shedding their baby fur-like feathers in clumps. Some of the parent birds are also shedding and are no longer sleek and attractive. They must remain on the beach until they get their new feathers and are waterproof.

In 1948 the Australian Government established a permanently staffed scientific station on the island to collect valuable data on meteorological, global warming and monitoring fish, penguins, sea elephants, albatross, and migratory seabirds. We are all invited to afternoon tea in the mess and meet the scientists over tea, coffee and freshly made scones.

We now head to the Auckland Islands on our way home. The sea is extremely rough and the safest place to be is in bed - some have even fallen out of bed. Two passengers have had serious falls so not everyone leaves on the zodiacs today. I elect to stay on board. The next day is a lot calmer and in the zodiac we again cruise around the shores of Enderby Island. The cliffs are covered with nesting shags, and we see Yellow-eyed penguins. The island has a pink haze from the flowering Rata trees. These trees are nowhere like the giants at home, they are small, low and slant with the wind direction. We land at another area and walk through the bush to a cemetery where a settlement was based unsuccessfully. We spot a very tiny, New Zealand native orchid almost hidden in the grass. In August 1849

England established a whaling colony at Auckland Island, bringing the Lieutenant Governor, medical people, clerks, a surveyor, a storekeeper, bricklayers, masons, agriculturalists, labourers and sixteen women and fourteen children. About twenty-five houses were built and whaling operations began. The whaling settlement was a complete failure.

Heading home the ship anchors off Stewart Island and that evening a slide show is held with photographs of our trip. Our final meal begins with champagne followed by a five-course dinner. The waitresses are all Russian with no English spoken which has made each mealtime interesting. We farewell new-made friends, our Russian crew and the trip ends at Bluff. Sleeping in a bed that does not move is a bonus!













AROUND THE VILLAGE

Keeping with the feature article, we have beautiful gardens around the Village homes. Here are a few for your viewing.







Blending into the gardens

Gladiolus

Hibiscus







Gazinias

Village sunflowers







Sunflower



Zinnias

Any comments & feedback are welcome! Send them to: marie.annandale@thebegroup.co.nz



